



8-27-2015

The Pacifican August 27, 2015

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University of the Pacific, "The Pacifican August 27, 2015" (2015). *The Pacifican*. 13.
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LIFESTYLES/6

KISSING

Get the skinny on how to spice up your kissing.

SPORTS/7

MEN'S SOCCER

The Tigers take down UC Santa Cruz in exhibition.



THE PACIFICAN

UNIVERSITY OF THE PACIFIC'S NEWSPAPER SINCE 1908

VOLUME 107, ISSUE 1

CHECK US OUT ON SOCIAL MEDIA:



THURSDAY, AUGUST 27, 2015

Kicking off the year Block Party style



Plural Music

Singing, dancing, and reconnecting took place at the annual Block Party; one of the highlights of the school year!

Ashneil Randhawa
NEWS EDITOR

Thumping bass beats, loud music, flashing lights, screaming young adults, Redbull trucks and security guards: These are the signs that the annual Pacific Block Party is underway. These sights and sounds were in full effect last Saturday, Aug. 22.

The Block Party is a relatively new practice for the Pacific community. It only began a few years ago, but despite its recent history, the Block Party has become a staple of University of the Pacific's Welcome Weekend for both incoming freshmen and enrolled students. It is meant to celebrate the beginning of the new school year — to start off with a bang, in a sense.

The Block Party has the added benefit of introducing new students to new friends and the dynamics of college parties. Many new students don't realize how different parties are in college compared to high school. "I went to a couple parties in high school, but I didn't really know what to expect when I came to Pacific. It was nice to at least get a glimpse of what people do for fun on the weekends in college," explains Ryan Chen, a junior electrical engineering major.

Block Party is a time for students to let loose and enjoy themselves. Students who normally would be studying on the weekends still find time to make it to the party. Marisa Farooq commented, "I'm having a great time rockin' tiny shorts as a Catholic #rebel."

Every Block Party has something unique about it that makes it stand out from every other year's party. This year it was the duo of Max Huston '16 and Sean Nakada '16. Max walked around the party carrying a sign advertising free hugs, while Sean had a sign that also read "free hugs," except his was shaped like an arrow pointing to Max's sign.

For any of you who are curious if the sign worked, it did. Huston claimed he received at least 200 hugs that night. A surprising number indeed, since it didn't look like 200 people could even fit in the cordoned off area. Nakada got "several" hugs too, so Max wasn't hogging all of them. According to Sean, this was Max's idea.

"I just wanted to spread the love and welcome the freshmen," Huston

yelled over the music, "I wanted to help welcome the freshmen, plus everyone likes free hugs." No one can argue with that logic.

Through all the pageantry of Welcome Weekend, Block Party is the last thing freshmen experience before they officially become Tigers. Past all the music, dancing, Redbull and questionable decisions, Block Party is a representation of what it means to be part of the University of the Pacific.

No matter how "popular" you might have been in high school, no matter your major or year, all students can come together to listen to some awesome music, dance together and party together. Let's give a warm welcome to the University of the Pacific Class of '20!



Pacific welcomes new faculty

COP	Dugoni	Elaine Law Pharmacy Practice	Shadi Othman Bioengineering
Pye Aung Mathematics	Mark Christiansen Physician Assistant studies	Yvonne Mai Pharmacy Practice	Vivek Pallipuram Electrical/Computer Engineering
Christopher Buckels Philosophy	Jed Grant Physician Assistant	Gabriella Musacchia Audiology	Michael Williamson Analytics
Melissa Davies HESP	Education	Benjamin Reece Speech-Language Pathology	Eberhardt
Stacie Hooper Biological Sciences	Rod Githens Assistant Dean	Lim Shu-En Audiology	Cecilia Ruvalcaba Marketing
Zsolt Palatinus Psychology	Pharmacy	Engineering	Library
Manizha Sharifova Economics	Melanie Felmlee Pharmaceutics/Medicinal Chemistry	Mike Canniff Computer Science	Mickel Paris Health Sciences
Zachary Stahlshmidt Biological Sciences	Jiong Hu Audiology	Leili Javadpour Computer Science	University Writing
Karrigan Bork Geological Sciences	Derek Isetti Speech-Language Pathology	JuEun Lee Mechanical Engineering	John Allen Developmental Writing Instructor
McGeorge Karrigan Bork Law	Jacquelyn Georgeson Audiology	David Mueller Electrical	

Public Safety



Weekly Report
Aug. 16 - Aug. 22

Arrests
Townhouse Apartments 08.18.15
Reporting party saw two subjects jump the fence. Officers responded and arrested the two for prowling and possession of burglary tools. They were looking for bicycles to steal.

Theft
DeRosa University Center 08.18.15
Victim reports someone cut the cable lock to their bicycle and stole the bike.

Hit & Run
Burns Tower 08.22.15
Vehicle owner reports someone struck their vehicle and failed to report it. A report was filed.

Suspicious Incident
John Ballantyne 08.22.15
Officers received a report of a subject asking to take pictures of their ankles. Officers made contact with the subject, who stated he was doing it for a class project. It was determined he was not a student, and he was asked to leave campus.

Assault
Stadium Dr. 08.22.15
Officers were dispatched to a report of a fight at a house on Stadium. Upon arrival, they learned there was a party there, and a non-invited subject attempted to enter the party. Attendees attempted to prevent the subject from entering, and a fight broke out. Officers received information that the subject might be in a neighbor's backyard. Officers checked the backyard and found the subject passed out. He was arrested and booked into the county jail.

Disturbance
Parking Lot #22 08.22.15
Officers were dispatched to a report of a fight at a house on Stadium. Upon arrival they learned there was a party there and a non-invited subject attempted to enter the party. Attendees attempted to prevent the subject from entering and a fight broke out. Officers received information that the subject may be in the back yard of a neighbor. Officers checked the back yard and found the subject passed out. He was arrested and booked into the county jail.

Shirtless criminals steal bike on campus

Mike Belcher
ON-CAMPUS POLICE OFFICER

It is that time of the year again: The students' return draws the suspects looking to prey on them. On Tuesday, Aug. 18 at 3:36 p.m., a suspect was seen stealing a bike on the west side of the DeRosa University Center.

It took the suspect about 2.5 seconds to cut through the cable lock, and he was able to leave with both his bike and the stolen one behind the DeRosa University Center. The suspect was seen without a shirt on.

At 7 p.m., we got a call of two subjects jumping the fence at the Townhouses and then riding their bikes around inside and going behind the apartments in C section.

An alert student called and gave a good description and direction of travel. Officer Teng stopped the subjects, and they were arrested for prowling, trespassing and possession of burglary tools after it was determined they were

trying to steal bike parts and bikes.

It is important for students to remember to register their bicycles and to use the U-bolt lock. Officers have found nine bikes and only two had a U-lock. Of those nine, only one was registered in the new system.

To the right are the mugshots of the two suspects who were arrested. All students are advised to be aware of suspicious activity on campus.

Any suspicious activity can be reported to the on-campus police or the Stockton police. In addition to reporting suspicious activity, the emergency blue light buttons can be pressed when in need of assistance.

Another crucial safety tip is to stay in groups on campus, especially at night. Stripes carts are at your service and will take you from door to door if you feel uncomfortable walking, boarding, or biking on campus in the evening hours.

Make sure to stay safe out there, Tigers!



Photos c/o Public Safety

From your news editor

Hello, fellow Pacific students! My name is Ashneil Randhawa, and I am your news editor for The Pacifican. I was born in Merced, but I primarily grew up in Bakersfield.

I wasn't able to join my high school's newspaper, but I did participate in speech & debate for all four years. Debate is where I figured out I loved to write.

It also helped me learn how to report and explain concepts in an easy to understand matter. Currently, I am a junior philosophy major, as well as a Legal Scholar. I plan on adding more investigative

and unique articles, in addition to reporting current events, to give students a more in-depth look at the subtle happenings on campus.

I plan on adding a weekly column of stories relayed by Officer German, a veteran police officer who patrolled the campus for more than 11 years.

I hope to add deeper and richer articles to The Pacifican in order to illustrate how complex and riveting on-campus stories can truly be.

My dream is to encourage students to become more invested in the newspaper and the campus itself.

OPINION

Drop it like it's hot: why it's okay to drop classes

Emily Olson
OPINION EDITOR

So you're back to school and you're thrilled to start off the new year the right way. You have your dorm room fully decorated, you know which friends will have your back and your class schedule is awesome — except for that one class: the one that fills you with dread over the workload. The one with the professor whose teaching style lulls you to sleep. The one that might just ruin your semester...

Is it okay to drop that one class? The short answer is yes, but only after some consideration.

The most important thing to remember is that you're paying for this. The cost of tuition is so high that you deserve to be satisfied with your education.

There's nothing wrong with making sure the courses you take reflect your interests or at least provide you with valuable career

skills. If you find yourself consistently falling asleep in a subject you're taking just to fulfill a General Education requirement, drop it and look for another that better suits your interests, even if it's challenging or inconvenient. You want to look back at what you learned (when you're paying off those student loans) and say it was worth it.

Sally-Ann Ferguson '18 found herself in that position with a physics class she enrolled in her freshman year.

"I was changing majors and saw that it wasn't required. After I talked to my advisor, I decided it was going to hurt my GPA more than help me," Ferguson said. "I have a W, but I don't regret it because I just wasn't interested."

But sometimes there's no way around it. Maybe that class looming over you is the last of your major requirements or the only thing that fits into your schedule. In those cases, it's still important to consider

the academic consequences. Sometimes planning to re-take a course is better than sticking it out and getting a poor grade or not passing. Students can find a professor better suited to their style or develop stronger study skills by taking it at a later time.

Carl Wheeler '17 decided not to drop History of Science and Technology despite being uneasy about the professor's lecture-based teaching style and the difficult midterms. "I didn't get the best grade at the end," he told The Pacifican.

His advice for students debating whether or not to drop is to evaluate their study strengths and explore which course styles work best for them. Both Wheeler and Ferguson also recommend discussing concerns with a student's faculty advisor. "They're the ones who know what's going on with you and should know what your four-year plan is," Ferguson said.

English professor Jeffrey

Hole, who holds a doctorate in English with an emphasis in Critical and Cultural Studies, agrees that talking things over with a faculty advisor can really be beneficial. "Sometimes the reasons [a student is dropping] seem legitimate and sometimes a student just seems leery about taking a class because of its reputation or workload. In those cases, I encourage a student to stick with it," Dr. Hole said.

But if the consequences outweigh the benefits and

you're ready to drop, the Office of the Registrar suggests you do so immediately. "Other students may be attempting to add the class, and tuition refunds may be affected," the office's webpage reads.

The last day to drop without record is Sept. 4 and the last day to withdraw with record (leaving a "W" on your transcript) is Oct. 26. Whether you drop or not, remember to stay confident in your decision. The year is yours, Tigers.



Dartmouth.edu

Don't let this be you! College should be a less stressful experience!

THE PACIFICAN



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NEWS EDITOR Ashneil Randhawa	SOCIAL MEDIA COORDINATOR Eileen Le
OPINION EDITOR Emily Olson	PHOTOGRAPHER Edna Rush
LIFESTYLES EDITOR Sarah Kellner	GRAPHIC DESIGNER Dustin McPhillips
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Stockton, CA 95211

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pacificaneditors@pacific.edu

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The Pacifican reserves the right to edit all submitted materials for length, factual information, libel, and clarity. All letters to the editor must have a verifiable signature, address, phone number, and email address.

Adventure is out there: Go abroad

Sarah Yung
COPY EDITOR

If you had asked me at the beginning of my freshman year whether I ever would have wanted to study abroad in China, I would have looked at you like you were insane.

"China?" I would've said, shooting you a skeptical look. "You mean, crowded, polluted, communist China?"

Yet it was this very country I found myself in this past June. It was China where I hiked a daunting mountain in socks and sandals, China where I wandered the peaceful back alleyways of a rural, historic town.

In China I attended my first two fashion shows, and in China, I biked 10 kilometers down a gloriously empty, verdantly lined road, ending my journey at a quirky, modern green frog-themed cafe. It was this complex, amazing country where I spent five weeks learning and adventuring with the Pacific Summer Program in China.

I suppose the real question I

must ask myself is, why didn't I want to study abroad sooner? Why was I so resistant to the idea of travelling somewhere new and exciting, somewhere I'd never been before? Why was I so convinced that my experience abroad would be a lackluster one?

To start with, a couple common concerns regarding studying abroad that I and many students shared is finances and logistics. There was airfare to consider, for one. A passport renewal was in order. And piles of paperwork?

Well, it just didn't sound like a pleasant pre-summer experience. Yet, as countless other Tigers and I can attest, going through the University of the Pacific's summer programs provides painless alternatives to setting up a trip by your lonesome. The paperwork process is streamlined and efficient.

Another vital anxiety on my part was not speaking the language. It seemed foolhardy to want to travel to a foreign country without even knowing

the basics... right? Well, not exactly. As it turns out, travelling to China to learn Chinese was extremely beneficial. It might sound cheesy, but after our daily lessons at Beijing Institute of Fashion Technology, the various shops and restaurants served as our classrooms.

We picked up countless bits and pieces of practical knowledge and culture from our interactions with the locals — information that we wouldn't have otherwise learned in a stuffy classroom back in the States.

Studying abroad through Pacific provides an amazing opportunity to experience the nuanced differences of the life and culture of another country — all while resting easy under the gentle guidance of learned professors and the enriching tips of older students. If you're not quite ready to spend a whole semester in a foreign country, consider Pacific's summer immersion programs in Guatemala, Italy or China. You won't regret it.

PACIFIC COMMUNITY COMMENTS

On Landmark Marriage Equality Ruling

On June 26th, a 5-4 Supreme Court ruling made same-sex marriage a nationwide right. Here's what Tigers had to say about the historically significant case *Obergefell v. Hodges*.

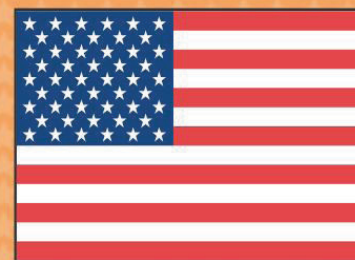


"No longer may this liberty be denied. No union is more profound than marriage, for it embodies the highest ideals of love, fidelity, devotion, sacrifice and family. In forming a marital union, two people become something greater than once they were."

- Supreme Court Justice Anthony M. Kennedy, long-time professor at Pacific McGeorge School of Law

"University of the Pacific is deeply proud that Justice Anthony Kennedy, the longest-serving active faculty member in Pacific's McGeorge School of Law, was the pivotal vote and wrote the majority opinion in today's historic civil rights decision. Today we celebrate the right of all Americans to marry, regardless of their sexual orientation."

- Pacific President Pamela E. Eibeck



"What a joyous time. As the first openly gay law professor at Pacific McGeorge, it is gratifying to see the transformation of the law school over the last couple decades into one of the most LGBT welcoming in the country. That my colleague, Justice Anthony Kennedy, has become the 'patron saint of the LGBT community' [...] is a source of great pride and jubilation."

- Lawrence Levine, Professor at Pacific McGeorge School of Law

"The prejudices and biases that our parents and grandparents grew up with are eventually going to be phased out because of our culture. Pacific students in particular are supportive, accepting and open-minded. [...] I'm excited about the decision. I say democracy runs slow, but it still works."

- Julio Hernandez '16, Mechanical Engineering



"There is still a lot of work to be done in terms of improving conditions for the LGBT community, but this is an outstanding start. I'm overjoyed to be alive and witness such a great stride for civil rights, and I'm proud to be a part of a community like Pacific where the response has been overwhelmingly positive and supportive."

- Kathryn Harlan-Gran '16, English

LIFESTYLES

A spoonful of happiness: a guide to happy foods

Sarah Kellner
LIFESTYLES EDITOR

Transitioning from the carefree summer to a full semester on campus can be a bit of a bumpy ride in the beginning. Trying to go cold turkey from eating pizza and burritos over the summer to the “green” diet can cause stress on your body as well as your mind. You might even be feeling a little blue. However, one thing is certain: You can control your fate — or at least your food intake.

Dr. Drew Ramsey, author of “The Happiness Diet,” explains that “the smallest choices each day can make a real difference in improving mental and emotional well-being, stabilizing moods and improving focus.” Foods you choose to eat will actually have an impact on your mood!

Some of us know this routine from good ol’ fashioned chick flicks: A crying girl sits alone on the couch, comforting herself with a gallon of ice cream. And sure, everyone has their choice of comfort food, but do you have your choice of happy food? If not, have no fear: A list is here.

An assortment of items found by Dr. Ramsey as well as other researchers and professionals have shown that “happy foods,” or foods

that enhance one’s mood for the better, are not what most would think. Let’s start with the basics.

Water: hydrate, hydrate, hydrate! We have heard this since the dawn of time: Water is essential in keeping our bodies hydrated and functioning. However, did you know that a lack of fluid in the body can cause severe mood swings, as well as a weakening of body movements?

Here’s a sweet tip: Take your weight, and divide it by two. That is the amount of water in ounces you should be drinking daily. For example, if you weigh 140 pounds, you should aim to drink 70 ounces of water. This fact was brought to you by WebMD.

Eggs: your daily protein that enjoys making a presence on the breakfast plate. However, eggs not only provide a tasty meal, they also produce natural serotonin in the body. When people have low levels of serotonin, they can suffer from depression, insomnia and fatigue.

Almonds: Nature’s gift to your snack pack. Not only do these little guys pack the protein, they also contain magnesium, which is essential to a healthy brain and reduces the likelihood of depression. That’s nuts!

Flaxseed: According to Dr. Ramsey, the standard



Make wise choices when shopping at The Grove!

Pacific Media Relations

American diet has left us with very little opportunity to incorporate Omega-3’s. These are essential fatty acids that are essential in elevating the mood as well as getting fatty acids! Flaxseed is not just for the birds. Sprinkle a scoop over your yogurt or toss some into a smoothie!

Dark Chocolate: Maybe the romcoms are on to something. Dark chocolate contains mood-altering compounds like theobromine

and phenylethylamine (huge words right?!). Not to worry, those are good things! A Swiss study found that the antioxidants in dark chocolate can help reduce stress hormones as well as anxiety levels. However, this doesn’t mean eating candy bars or jumbo Hershey’s bars will be justified in the name of anti-anxiety! The study proved that eating about an ounce of dark chocolate (not milk chocolate) a day for two weeks reduced

the stress hormone. Meaning, you can get away with eating about six dark Hershey Kisses a day, in the name of stress relief.

Of course, practicing a balanced diet is always a smart thing. Fill your plate with a majority of vegetables, then meats and lastly complex carbohydrates.

Now that you have the tools to control your mood through food, take a fork and dig in!

SEX & HEALTH COLUMN

What’s in a kiss?

Sarah Kellner
LIFESTYLES EDITOR

Kissing, also referred to as lip locking, tonsil hockey, smooches, necking or *besos*, are considered the first move in any relationship. It’s that first step into getting to know someone intimately. Though it can lead to more sexual activities, kissing is not something to be overlooked. Look at kissing in terms of building a house: You might have the blueprints laid out, but you have to lay a foundation first (right on the lips!).

A study at Oxford University examined the importance of kissing both in relationships and out, resulting in some “good to know” facts. They considered roughly 900 people through a series of questionnaires,

interviews and simulations to gather their information. Categories were created in order to pigeonhole information: kissing before sex, during and after. The results differed for those in casual relationships and those in committed ones.

Let’s start with the single-and-ready-to-mingle folks. In casual relationships, kissing serves as a Sorting Hat (if we want to get “Harry Potter” with it). When evaluating a mate, the initial kiss allows a person to assess one’s compatibility with another. An interesting fact that may not have crossed an eager star-crossed lover’s mind is smell. You read that right: You take a whiff without even realizing it! Call it animal instinct, or attraction by pheromones, but the action occurs and can allow you

to round the bases or get thrown in the dugout. On the study rating, casual kissers put the most emphasis on kissing before sex, and the least amount on the time after.

Now take that casual mouth-to-mouth months into the future, and our hypothetical couple is now in a committed relationship. Kissing takes on a whole new meaning while in a relationship. According to Dr. Gabrielle Morrissey, a sexuality and relationship expert, casual pecks provide positive short- and long-term effects in the body.

To be specific, laying a big smooch on someone releases oxytocin in the brain, which causes a sense of bonding or feeling of connection. Consider it an upkeep tool not meant to create more sexual activity, but instead to

maintain an emotional bond and a sense of sexual attraction. Giving your mate random kisses or the occasional PDA aids in the affirmation that there is still attraction between you and your partner. Author of the book “The Art of Kissing,” Michael Christian points out that the more a couple kisses, the more they will be open and communicate with each other. On the study scale in contrast with casual kissers, committed couples found that the most important times for kisses was after sex, which emphasized on frequency of kisses.

Now... Sounds like a like of pressure,

You won't want to miss this!

Sarah Kellner
LIFESTYLES EDITOR

A Very Potter Sequel Auditions

Theta Alpha Phi, Pacific's National Theatre Honors Fraternity, will be producing "A Very Potter Sequel" this semester! The musical picks up right where "A Very Potter Musical" left off, with He-Who-Must-Not-Be-Named (Lord Voldemort) defeated. Lucius Malfoy then uses a Time Turner to go back to Harry Potter's first year at Hogwarts in an attempt to destroy him.

Sound like a good time to you? Audition to be part of the musical! Auditions will be held at the Long Theatre, located near the Alumni House. Auditions started yesterday, and will continue today, Thursday Aug. 27, from 7-10 p.m. Callbacks will be Friday Aug. 28, 7-10 p.m. Prepare the monologue or song you would like to audition with!

34th Annual Stockton Powwow, here on campus

This weekend, the Pacific Native American Student Association has teamed up with the Stockton Community Pow Wow Committee to host the 34th annual Caroline Wilson Memorial Powwow! The event will be located on the Wendell Phillips Center lawn on Friday Aug. 28 6-10 p.m., Saturday Aug. 29 10 a.m.-10 p.m. and Sunday Aug. 30 at 10 a.m.-6 p.m.

The festival will include dance competitions, live music, Native American cuisine and vendors selling

traditional and unique items. Each year many families join together on the lawn in a U-shape dressed in traditional Native American attire. For a taste of Native American culture, head out to the WPC lawn this weekend!

Club Rush!

On Wednesday, Sept. 2 from 4-6 p.m., Club Rush 2015 will take place on the UC lawn for all students to participate in! This is a great event to attend in order to meet new people, eat delicious food and get involved with new clubs. Everyone from Tennis Club to Quidditch Club will be present, so get your mingle on!



Sarah Kellner

Last year's Pow Wow was a huge success. Be sure to check it out this year!

Spice up your kissing life



Mind, Body, & Soul

Kissing is more than just a peck on the lips!

SEX COLUMN
CONTINUED FROM PAGE 5

doesn't it? Not to fear! Become an excellent kisser! Or, brush up on your skills with these tips. Christian outlined the essentials for a first impression as well as long-term kissing champions. During your first encounter, don't rush! Let the moment take you and your potential partner where it is meant to go. Don't force the kiss, or try to get technical within seconds. That's a turn off. Kissing is a rhythmic sport — look at it in oceanic movements. There is the slow pulling back of the waves that build up to crashing on the sand (where the sand is your kissing partner's lips). A kiss can be taken as a preview to how you are going to be sexually, but

that does not mean using your tongue like another bodily organ. WebMD studies found that an overly aggressive tongue kiss is a big turn-off.

Once you've become acquainted, make sure to mix it up. Nothing is more boring than a routine kiss. Christian suggests adding variety to your make-out session by touching other parts of the body lightly, such as the back of the neck; try tracing down the lower back or nibbling gently on an earlobe for some extra spice. Even kissing those parts will add to a steamier make-out session, as well as build and maintain intimacy in long-term relationships.

Whether you are into casual lip locks or committed to one kisser, make sure to enjoy yourself!

On-campus eateries

Sarah Kellner
LIFESTYLES EDITOR

For incoming freshmen, the campus may seem a bit overwhelming. With its spacious buildings and sprawling geography, getting a quick bite to eat may seem time consuming. Fear not: With just a little knowledge, you can find your way to grub in no time. The largest eatery on campus is the Marketplace, located in the DeRosa University Center (UC). Bon Appétit Management Company compiles a unique meal plan every week, so students can enjoy a variety of foods from breakfast to dinner.

Whether you are a carnivore or vegetarian, this place will always have options. Also in the same location is the Calaveras Coffee House, which serves small snacks and an assortment of coffee beverages, tea, smoothies and juices.

If you walk upstairs in the

UC, you'll come to The Lair, which is a popular hangout spot for late night dining, as well as delicious pub-fare foods. Also in The Lair, musical and comedic entertainment is hosted year-round, from open mic nights to stand-up comedy. For those 21+ folks, there is a bar!

Working your way towards the center of campus, you'll come across The Grove, a grocery store located in the McCaffrey Center that provides organic produce, as well as grab-and-go lunch options. There are also essential cleaning products and toiletries stocked for your dorm! Headed into the library? The Davey Cafe offers up some much-needed caffeine during study breaks, with coffee, tea and snacks offered.

On the south side of campus is the E.A.T. Truck, which offers up some gourmet food on the go. It is located by the Psychology/Communications Building and is open Monday-Friday from 8 a.m.-3 p.m.

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SPORTS

Men's soccer picks up exhibition win

Zach Withrow
SPORTS EDITOR

Following a 3-0 loss at No. 16 California in their exhibition opener, the Pacific men's soccer team bounced back at home with a 2-0 victory over the UC Santa Cruz Banana Slugs on Sunday.

The Tigers were led by Gaku Lange '18 and Julio Cervantes '17, who each scored one goal apiece in the second half.

The two teams were deadlocked at zero by the end of the first half, but the Tigers were bound to break through at some point as they relentlessly pushed the ball downfield.

UC Santa Barbara managed only one shot on the goal for the game, while the Tigers had nine shots on goal.

Pacific also dominated in the corner kick column, with 14 compared to Santa Cruz's one. The match was aggressively fought on both sides: The Banana Slugs committed 13 fouls and the Tigers had 17.

The tie was broken in the



Pacific Athletic Relations
Gaku Lange '18 sets up to take a shot downfield against the Banana Slugs.

64th minute when Alfredo Alcala '19 fired off a cross to Lange, who scored on a header. Lange and teammate Tyson Fox '18 both had a game-high four shots for the contest.

Josh Adachi '18 started the match as goalie for the Tigers,

blocking the one attempt on goal that he faced. Curtis Goldsmith '18 started the second half and registered the win.

With the preseason now over, the Tigers will begin regular season play at Drake on Aug. 28. Throughout the

season, you can follow the Tigers on the road online with live stats at PacificTigers.com. The squad will return to Pacific on Sunday, Sept. 13 to take on San Jose State at 7 p.m.

Don't miss Pacific's second year competing on campus!

New moves at Baun Fitness Center

Zach Withrow
SPORTS EDITOR

With the new semester just kicking off, there is no better time than now to get into an exercise routine. And what better place to fight the temptation of laziness than Baun Fitness Center? If you have just returned to campus following summer break, you may have noticed a few new updates and features at Pacific's go-to stop for all things physical activity.

All the rock climbers out there will be happy to learn that the old rock climbing ropes have been replaced with new ones and are ready to use. Also be sure to stop by the Bike Shop and take a spin on some of the brand new bikes that were installed in the facility.

Aside from the new equipment, Baun will also

be introducing a new fitness class. In place of last year's Zumba class is U-Jam, a cardio dance workout that is designed to burn calories and tone your body. Be ready to move your body to a variety of tunes that range from Bollywood to hip hop. U-Jam joins a diverse list of fitness classes that includes Pilates, Cardio Kickbox and Ballet Strength.

Also be sure to download the University of the Pacific Recreation Center application for free on your smart phone. The app allows users to view schedules for classes and events, set reminders and much more.

If you want to follow a healthy lifestyle, getting exercise is essential. Here at Pacific, you can get that exercise and have fun doing it. Visit the Baun Fitness Center today!



Pacific Media Relations
Baun Fitness Center watches the sunset.

TIGER X

SCHEDULE Baun Fitness Center

Thursday:
6:30-7:15 A.M.
-- Cycle
12:05-12:50 P.M.
-- Yoga
5:15-5:45 P.M.
-- U Jam
5:30-6:00 P.M.
-- TRX
6:00-6:30 P.M.
-- TRX
6:30-7:15 P.M.
-- Cardio Kickbox
7:30-8:30 P.M.
-- Yoga
9:00-9:45 P.M.
-- Black Light Cycle

Friday:
6:30-7:15 A.M.
-- Cycle
8:00-9:00 A.M.
-- Fit and Functional
12:05-12:50 P.M.
-- Cycle
4-5 P.M.
-- U Jam
5:15-6:45 P.M.
-- Yoga

Monday:
6:30-7:15 A.M.
-- Cycle
8-9 A.M.
-- Fit and Functional
12:05-12:50 P.M.
-- Power Sculpt
4-4:50 P.M.
-- Pilates
5:15-6:15 P.M.
-- Yoga
5:30-6:15 P.M.
-- Cycle
6:45-7:45 P.M.
-- Aerial Arts
7-7:45 P.M.
-- Bootcamp
8-8:45 P.M.
Body Shred

Tuesday:
12:05-12:50 P.M.
-- Yoga
4-4:30P.M.
-- TRX Express
4:30-5 P.M.
-- TRX Express
5:15-6:15 P.M.
-- U Jam
6:30-7:15 P.M.
--Cycle
7:30-8:30 P.M.
-- Yoga

Visit go.pacific.edu/rec
for schedule updates
and class descriptions.

PACIFIC TIGERS

WEEKLY HOME SCHEDULE

FIELD HOCKEY

Friday, August 28
vs. Bryant
3 p.m.
Pacific Field Hockey Turf

Monday, August 31
vs. No. 4 Syracuse
11 a.m.
Pacific Field Hockey Turf

WOMEN'S SOCCER

Friday, August 28
vs. Sac State
7 p.m.
Knoles Field

Sunday, August 29
vs. Boston College
noon
Knoles Field

ATHLETE OF THE WEEK

Midfielder/forward Gaku Lange helped the men's soccer team to a 2-0 victory on Sunday. Lange scored a header and also led the team with four shots.

GAKU LANGE '18



After a full year in the West Coast Conference and saying goodbye to the graduating athletes of the class of 2015, Pacific begins a new fall season and welcomes new Tigers to their athletic teams. Welcome Tigers, and good luck in your coming years at Pacific!

Cross Country

Katelyn Breitschwerdt
Glendora, Calif.
Erica Ramos
Stockton, Calif.
Haley Silva
Manteca, Calif.



Men's Soccer

C.J. Camacho
La Habra, Calif.
Brian Im
Victoria, B.C.
Ander Saez
Vitoria, Spain
Johnatan Rico-Contreres
Half Moon Bay, Calif.
Camden Riley
Dallas, Texas
Alfredo Alcala
Ontario, Calif.



Women's Volleyball

Holland Crenshaw
Santa Barbara, Calif.
Lauren Cline
Bakersfield, Calif.



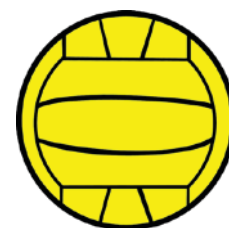
Women's Soccer

Regan Heslop
San Jose, Calif.
Mary Witkowski
Kent, Wash.
Hannah Stammer
Santa Ana, Calif.
Kendall Bietsch
Santa Clarita, Calif.
Bianca Lopez
Oceanside, Calif.
Taylor Clarin
Covington, Wash.
Jillian Van Riper
Cotati, Calif.
Courtney Callister
Eagle, Idaho



Men's Water Polo

Dylan Becker
Malibu, Calif.
Liam Williams
Walnut Creek, Calif.
Austin Barton
Albany, Ore.
Decker Dempsey
Murrieta, Calif.
Sam Peckinpah
Visalia, Calif.
Alen Osmanovic
Belgrade, Serbia
Luke Pavillard
Perth, Australia



Field Hockey

Jessie Niccum
Simi Valley, Calif.
Justine Van Lathem
Antwerp, Belgium
Meghan Clark
Malvern, Penn.
Rylee Comeau
Los Gatos, Calif.
Taylor Dempsey
San Martin, Calif.
Tayler Silacci
Gilroy, Calif.



ROAR TYGES!